

Curriculum Vitae, Vesanto Melina, MS, RD (Canada)

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PROFESSIONAL ASSOCIATIONS

Academy of Nutrition and Dietetics (Member #713175)

Washington State Dietetics Association (Member #713175)

College of Health and Care Professionals of BC (Member #0447)

Now

Health and Care Professionals of BC (Member #0447)

EDUCATION

Undergraduate training was at the University of London, England and the University of Toronto, Ontario (1959-64). This led to a B.A. in Home Economics with specialization in nutrition.

Graduate work included a Masters Degree in Nutrition at the University of Toronto, Ontario (1964-65) and two years of graduate course work in Adult Education at the University of British Columbia (1973-5).

Wrote and passed the RD exam in United States in October 1997, while living in Seattle from 1995-97.

SUMMARY

1965 to 2026 Author, speaker, and in private practice as a government, facility, industry, and personal consultant. Also university lecturer.

GOVERNMENT CONSULTING

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| 2000-2022 | British Columbia Corrections, Ministry of Public Safety and Solicitor General |
| 2003-8 | British Columbia Youth Custody Centres |
| 1997 | WIC (Women, Infant, Children) Nutritionist for Seattle-King County |
| 1989 | Vancouver City Health Department (East and North Units) |
| 1975-8 | British Columbia Ministry of Health, Nutritionist for South Okanagan |

AWARDS

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| 2023 | Lifetime Achievement Award, Plant-based Prevention of Disease |
| 2016 | Ryley Jeff Award for Leadership in Dietetics |
| 2015 | REAL Book of the Year Top 10 for <i>Becoming Vegan: Comprehensive Edition</i> (with Brenda Davis) |
| 2014 | 2014 Canada Book Award for <i>Becoming Vegan: Express Edition</i> (with Brenda Davis) and this book recognized and “the go-to book” on plant-based nutrition by the American Library Association |

1995 Clintec award for leadership in dietetics

ACADEMIC NUTRITION TEACHING

2016-2019 Living Light Culinary Institute, Mendocino, California
 1996-9 Bastyr University, Seattle, Washington
 1984-90 School of Nursing, Vancouver General Hospital
 1965-8, 1973-5, 1983-4 School of Family and Nutritional Sciences, University of B.C.
 (Basic and Therapeutic Nutrition)

INDUSTRY CONSULTING

2022 Third Bridge, New York
 2008 Greenhouse Delight Foods
 2000-6 Nature's Path Foods
 1999-2006 Yves Veggie Cuisine
 2003 Intercity Packers
 2000-2 Grainworks
 1996-8 ProSoya (So Nice)

HEALTH CARE FACILITY CONSULTING

2005-19 HOME Society (www.homesociety.ca)
 1985-93 Orion Intermediate Care Home, Normandy Hospital, Alexandra Private Hospital, Salvation Army Addiction Treatment Center for Women

INDIVIDUAL CONSULTATIONS

1994-2025 Becoming Vegetarian Nutrition
 Nutrispeak
 1984-1993 Personalized Nutrition Programs
 Nutrition and Addictions

SPEAKING

2026 Honolulu and Maui (Vegan Society of Hawaii, on "Meet All Your Nutritional Needs--On a Plant-Based Diet")
 2025 Santa Cruz California (Food as Medicine Conference for doctors and other health professionals) VegFests (Victoria, Nanaimo, and Kelowna BC)
 2024 Costa Rica environmental group (Montezuma, Nicoya Peninsula); Fraser Valley Women's Expo (Chilliwack BC); Rotary Club Climate Change Fair (Chilliwack BC); VegFest (Nanaimo BC); Vegan Festival (Nelson BC)
 2023 Fraser Valley Women's Expo (Chilliwack BC); American Vegan Society (Philadelphia PA); Prevention of Disease (Newark, New Jersey), True North Health Center (Santa Rosa CA)
 2022 Planted Expo at Vancouver Convention Centre in June; California Academy of

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| | Nutrition and Dietetics Conference at Oakland Convention Center in April; Lawyers' Corporate Wellness Seminars in Vancouver in March. |
| 2021 | Sao Palo Brazil (online) |
| 2020 | Zoomer Show (Vancouver), Vesanto Melina on Kicking Diabetes (Chef AJ, online New York), Chef Katie Mae (online Seattle), Plant Trainers (online Ontario) |
| 2019 | Nashville, Vancouver, Ottawa, Northern California |
| 2018 | Copenhagen, Paris, Ghent, Portland, Robert's Creek, Saskatoon, Vancouver, Oahu, Maui, Kauai |
| 2012-2017 | Cross Canada Tour-Dietitians of Canada; Aramark (Food Service Conference); Canadian Diabetes Association/CSEM Professional Conference and Annual Meeting; Vegetarian Associations (Halifax, Ottawa, Toronto, Winnipeg, Edmonton, Vancouver) |
| 2010-2 | Vegetarian Associations in Aarhus, Copenhagen, Edmonton, Halifax, Hawaii, New Orleans, Paris, Portland, San Francisco, Santa Rosa, Sebastopol, Toronto, Vancouver, Victoria, and Winnipeg |
| 1992 to 2009 | American Correctional Food Service Association Convention, Dietitians of Canada Annual Conventions, Washington and Oregon State Dietetics Association, B.C. Dietitians' and Nutritionists' Association events in various locations, Continuing Education in the Health Sciences at UBC, Ontario Dietitians' Association (ODA) Convention, Cardiology Practice Group of ODA, British Columbia Teachers' Federation Convention; Registered Nurses' Association of B.C. Conventions; College of Dental Surgeons of B.C., Versa Food Service Managers, Native Counseling and Courtworkers' Association of B.C.; Hey' Way' Noq'; Tsawassen First Nations, Environment Youth Corps, YMCA, London Drugs Management, Vegetarian Associations in various locations across North America and Europe. |

PUBLICATIONS: BOOKS

Davis B, Melina V, Black C. *Plant-Powered Seniors*. Health Communications Inc, 2026.

Davis B, Melina V, Davis C. *Plant-Powered Protein*. Book Publishing Co, 2023.

Davis B, Melina V. *The Kick Diabetes Cookbook*. Book Publishing Co, 2018.

Davis B, Melina V. *Becoming Vegan: Comprehensive Edition: The Complete Reference to Plant Based Nutrition*. Book Publishing Co, 2014. (Awarded REAL Top 10 Book of the Year) Translated into Chinese and also available as an e-book and book on CD.

Davis B, Melina V. *Becoming Vegan: Express Edition*" by Brenda Davis and Vesanto Melina, Book Publishing Company, 2013. (2014 Canada Book Award; finalist with honorable mention for ForeWord Book of the Year Award; and given star rating by the American Library Association as "the go-to book" on vegan nutrition). Translated into Italian, Hebrew, Chinese, and Russian.

Melina V, Forest J. *Cooking Vegetarian*. Harper Collins, 2011 (Earlier Editions: Wiley Canada 2011; John Wiley and Sons 1998; Macmillan Canada 1996)

Melina V, Forest J. *Cooking Vegan*. Book Publishing Co. 2012.

Davis B, Melina V. *Becoming Raw*. Book Publishing Co. 2010. Translated into Italian, 2018.

Stepaniak J, Melina V, Aronson D. *Food Allergies: Health and Healing*. Books Alive 2010.

Soria C, Davis B, Melina V. *Raw Food Revolution Diet*. Book Publishing Co. 2008.

Melina V, Stepaniak J, Aronson D. *Food Allergy Survival Guide*. Healthy Living Publ. 2004.

Stepaniak J, Melina V. *Raising Vegetarian Children*. McGraw-Hill, 2003.

Also in Traditional Chinese. 素食兒童籌款. Persimmon Cultural Enterprise

New editions of *Becoming Vegan: Comprehensive or Express Editions* are coming out in Hebrew, Russian, Polish. Now 15 languages in all.

Melina V, Davis B. *Becoming Vegetarian*. Harper Collins 2013, 2003, (Earlier Editions: Wiley Canada, 2003; Book Publishing Co 1995; Macmillan Canada 1994.)

In the US as *New Becoming Vegetarian*. Book Publishing Co. 2003.

In Dutch as *Vegetarisch Eten*. Panta Rhei. 2011.

In Czech as *Průvodce vegetariána*. AK. 2008.

In Portuguese as *A Dieta Saudável dos Vegetais*. Editora Campus. 1998. In

French as *Devenir Végétarien*. Les Editions de l'Homme. 1996.

Barnard N, Melina V. *Healthy Eating for Life: To Prevent and Treat Cancer*. John Wiley & Sons. 2002.

Davis B, Melina V. *Becoming Vegan*. Book Publishing Co. 2000 Also

in Italian as *Diventare Vegani*. MacroEdizioni. 2011

Potvin Y, with Melina V. *The Good Cook Book by Yves*. Yves Publications. 1999.

PUBLICATIONS: PEER-REVIEWED JOURNAL ARTICLES

Melina V. Plant Powered Protein: For People and the Planet. *Proceeding Summaries of the 15th Conference of the Plant-based Prevention Of Disease Nonprofit*. 2024; 6(1):18 <https://ijdrp.org/>

Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. *J Acad Nutr Diet*. 2016 Dec;116 (12):1970-1980.

Melina V. Five Decades: From Challenge to Acclaim. *Can J Diet Pract Res*. 2016 Sep;77(3):154-8.

Position of the American Dietetic Association and Dietitians of Canada: Vegetarian Diets. American Dietetic Association and Dietitians of Canada; *J Am Diet Assoc*. 2003;103(6):748. (Co-authors Mangels AR, Messina V, Melina V.)

Dietitians of Canada and American Dietetic Association. Position of the American Dietetic Association and Dietitians of Canada: Vegetarian Diets. *Can J Diet Pract Res*. 2003;64(2):62. (Co-authors Mangels AR, Messina V, Melina V.)

Messina V, Melina V, Mangels AR. A new food guide for North American vegetarians. *J Am Diet Assoc.* 2003;103(6):771.

Messina V, Melina V, Mangels AR. A new food guide for North American vegetarians. *Can J Diet Pract Res.* 2003;64(2):82.

American Dietetic Association and Dietitians of Canada. Vegetarian chapter in *The Manual of Clinical Dietetics*. 6th edition, 2000.

**Note: Name changed from Crawford to Melina (due to marriage).*

Crawford. VL *Nutrition for the Adult Vegetarian* in *The Manual of Nutritional Care, British Columbia Dietitians' and Nutritionists' Association*, 4th edition, 1992. (Endorsed by the British Columbia Medical Association.)

Crawford VL. Eating Your Way to a Healthy Lifestyle. *Nursing B.C.* 1992;24(5):16.

Crawford. VL. Vegetarian Diets. *Update: Newsletter of the B.C. Nutrition Council.* 1986;11(1):1.

Crawford VL. *Nutrition and Hyperactivity in Children*. Ministry of Health, Province of B.C, 1980.

Crawford. VL. *Food for Little Folks*. Ministry of Health, Province of B.C. 1979.

Crawford. VL Junk Food in Our Schools? A look at student spending. *Journal of the Canadian Dietetic Association.* 1977;38(3)193.

Crawford. VL. *Low Methionine Exchange Lists*. School of Home Economics, University of British Columbia. 1969.

Davis MA, Crawford. VL, Lee M, Birbeck J. *Low Methionine Recipes*. Division of Human Nutrition, University of British Columbia. B.C. 1969

Perry TL, Hanson S, Love D, Crawford L, Tischler B. Treatment of Homocystinuria with a Low Methionine Diet, Supplemental Cystine and a Methyl Donor. *The Lancet.* 1968 August 31;ii:474.